



# FITNESSGRAM Performance Standards<sup>1</sup>

For each test area, the *FITNESSGRAM* uses the Healthy Fitness Zone (HFZ) to evaluate fitness performance. For Aerobic Capacity and Body Composition, the *FITNESSGRAM* also provides Very Lean and Needs Improvement–Health Risk (NI–HR) standards to evaluate fitness performance. The performance goal for all test areas is the HFZ. These zones represent minimum levels of fitness that offer protection against the diseases that result from sedentary living.

## Females

Age	Aerobic Capacity			Body Composition <sup>3</sup>							
	One-Mile Run/20m PACER/Walk Test VO <sub>2</sub> max (ml/kg/min) <sup>2</sup>			Skinfold Measurements/ Bioelectric Impedance Analyzer Percent Body Fat				Body Mass Index			
	NI – Health Risk	NI	HFZ	NI – Health Risk	NI	HFZ	Very Lean	NI – Health Risk	NI	HFZ	Very Lean
5	VO <sub>2</sub> max standards not available for students ages 5 through 9 <sup>4</sup> . <b>For Walk Test only, standards also not available for students ages 10, 11, and 12.</b>			≥ 28.4	≥ 20.9	20.8 – 9.8	≤ 9.7	≥ 17.3	≥ 16.8	16.7 – 13.6	≤ 13.5
6				≥ 28.4	≥ 20.9	20.8 – 9.9	≤ 9.8	≥ 17.7	≥ 17.1	17.0 – 13.5	≤ 13.4
7				≥ 28.4	≥ 20.9	20.8 – 10.1	≤ 10.0	≥ 18.3	≥ 17.6	17.5 – 13.5	≤ 13.4
8				≥ 28.4	≥ 20.9	20.8 – 10.5	≤ 10.4	≥ 19.1	≥ 18.3	18.2 – 13.6	≤ 13.5
9				≥ 30.8	≥ 22.7	22.6 – 11.0	≤ 10.9	≥ 20.0	≥ 19.0	18.9 – 13.8	≤ 13.7
10	≤ 37.3	37.4 – 40.1	≥ 40.2	≥ 33.0	≥ 24.4	24.3 – 11.6	≤ 11.5	≥ 21.0	≥ 19.6	19.5 – 14.1	≤ 14.0
11	≤ 37.3	37.4 – 40.1	≥ 40.2	≥ 34.5	≥ 25.8	25.7 – 12.2	≤ 12.1	≥ 21.9	≥ 20.5	20.4 – 14.5	≤ 14.4
12	≤ 37.0	37.1 – 40.0	≥ 40.1	≥ 35.5	≥ 26.8	26.7 – 12.7	≤ 12.6	≥ 22.9	≥ 21.3	21.2 – 14.9	≤ 14.8
13	≤ 36.6	36.7 – 39.6	≥ 39.7	≥ 36.3	≥ 27.8	27.7 – 13.4	≤ 13.3	≥ 23.8	≥ 22.1	22.0 – 15.4	≤ 15.3
14	≤ 36.3	36.4 – 39.3	≥ 39.4	≥ 36.8	≥ 28.6	28.5 – 14.0	≤ 13.9	≥ 24.6	≥ 22.9	22.8 – 15.9	≤ 15.8
15	≤ 36.0	36.1 – 39.0	≥ 39.1	≥ 37.1	≥ 29.2	29.1 – 14.6	≤ 14.5	≥ 25.4	≥ 23.6	23.5 – 16.4	≤ 16.3
16	≤ 35.8	35.9 – 38.8	≥ 38.9	≥ 37.4	≥ 29.8	29.7 – 15.3	≤ 15.2	≥ 26.1	≥ 24.2	24.1 – 16.9	≤ 16.8
17	≤ 35.7	35.8 – 38.7	≥ 38.8	≥ 37.9	≥ 30.5	30.4 – 15.9	≤ 15.8	≥ 26.7	≥ 24.7	24.6 – 17.3	≤ 17.2
17+	≤ 35.3	35.4 – 38.5	≥ 38.6	≥ 38.6	≥ 31.4	31.3 – 16.5	≤ 16.4	≥ 27.2	≥ 25.2	25.1 – 17.6	≤ 17.5

≥ The score is greater than or equal to the indicated value.

≤ The score is less than or equal to the indicated value.

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<sup>2</sup> VO<sub>2</sub>max reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. It is estimated by utilizing the student's height, weight, and other specific information, which is based on the test option (i.e., One-Mile Run, 20m PACER, or Walk Test) administered. The calculation procedures are found in the Reference Guide on the California Physical Fitness Test (PFT) Resources Web page at <http://www.pftdata.org/resources.aspx>.

<sup>3</sup> For Body Composition, the California Department of Education (CDE) considers a student who exceeds the HFZ as meeting the HFZ. Exceeding the HFZ means obtaining a score less than a number on the lower end or right side of the HFZ.

<sup>4</sup> Grade five students age 9 with time or laps reported have a VO<sub>2</sub>max calculated and are compared to the HFZ for students age 10. If a One-Mile Run time or PACER laps are reported for grade five students less than age 9, a VO<sub>2</sub>max will not be calculated, but the student will be reported in the HFZ.



## Females

	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance			Flexibility	
Age	Curl-Up # completed up to max of 75	Trunk Lift # of inches up to max of 12	90° Push-Up # completed up to max of 75	Modified Pull-Up # completed up to max of 75	Flexed-Arm Hang # of seconds up to max of 90	Back-Saver Sit & Reach <sup>5</sup> # of inches up to max of 12	Shoulder Stretch
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	Touching fingertips together behind the back on <b>both</b> the right and left sides.
6	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	
7	≥ 4	6 – 12	≥ 4	≥ 3	≥ 3	9	
8	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	9	
9	≥ 9	6 – 12	≥ 6	≥ 4	≥ 4	9	
10	≥ 12	9 – 12	≥ 7	≥ 4	≥ 4	9	
11	≥ 15	9 – 12	≥ 7	≥ 4	≥ 6	10	
12	≥ 18	9 – 12	≥ 7	≥ 4	≥ 7	10	
13	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	
14	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	
15	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	
16	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	
17	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	
17+	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	

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## Males

Age	Aerobic Capacity			Body Composition <sup>3</sup>							
	One-Mile Run/20m PACER/Walk Test VO <sub>2</sub> max (ml/kg/min) <sup>2</sup>			Skinfold Measurements/ Bioelectric Impedance Analyzer Percent Body Fat				Body Mass Index			
	NI – Health Risk	NI	HFZ	NI – Health Risk	NI	HFZ	Very Lean	NI – Health Risk	NI	HFZ	Very Lean
5	VO <sub>2</sub> max standards not available for students ages 5 through 9 <sup>4</sup> . <b>For Walk Test only, standards also not available for students ages 10, 11, and 12.</b>			≥ 27.0	≥ 18.9	18.8 – 8.9	≤ 8.8	≥ 17.5	≥ 16.8	16.7 – 13.9	≤ 13.8
6				≥ 27.0	≥ 18.9	18.8 – 8.5	≤ 8.4	≥ 17.8	≥ 17.0	16.9 – 13.8	≤ 13.7
7				≥ 27.0	≥ 18.9	18.8 – 8.3	≤ 8.2	≥ 18.3	≥ 17.4	17.3 – 13.8	≤ 13.7
8				≥ 27.0	≥ 18.9	18.8 – 8.4	≤ 8.3	≥ 19.0	≥ 17.9	17.8 – 13.9	≤ 13.8
9				≥ 30.1	≥ 20.7	20.6 – 8.7	≤ 8.6	≥ 19.9	≥ 18.6	18.5 – 14.1	≤ 14.0
10	≤ 37.3	37.4 – 40.1	≥ 40.2	≥ 33.2	≥ 22.5	22.4 – 8.9	≤ 8.8	≥ 20.8	≥ 19.0	18.9 – 14.3	≤ 14.2
11	≤ 37.3	37.4 – 40.1	≥ 40.2	≥ 35.4	≥ 23.7	23.6 – 8.8	≤ 8.7	≥ 21.8	≥ 19.8	19.7 – 14.6	≤ 14.5
12	≤ 37.6	37.7 – 40.2	≥ 40.3	≥ 35.9	≥ 23.7	23.6 – 8.4	≤ 8.3	≥ 22.7	≥ 20.6	20.5 – 15.1	≤ 15.0
13	≤ 38.6	38.7 – 41.0	≥ 41.1	≥ 35.0	≥ 22.9	22.8 – 7.8	≤ 7.7	≥ 23.6	≥ 21.4	21.3 – 15.5	≤ 15.4
14	≤ 39.6	39.7 – 42.4	≥ 42.5	≥ 33.2	≥ 21.4	21.3 – 7.1	≤ 7.0	≥ 24.5	≥ 22.2	22.1 – 16.1	≤ 16.0
15	≤ 40.6	40.7 – 43.5	≥ 43.6	≥ 31.5	≥ 20.2	20.1 – 6.6	≤ 6.5	≥ 25.3	≥ 23.0	22.9 – 16.6	≤ 16.5
16	≤ 41.0	41.1 – 44.0	≥ 44.1	≥ 31.6	≥ 20.2	20.1 – 6.5	≤ 6.4	≥ 26.0	≥ 23.8	23.7 – 17.2	≤ 17.1
17	≤ 41.2	41.3 – 44.1	≥ 44.2	≥ 33.0	≥ 21.0	20.9 – 6.7	≤ 6.6	≥ 26.7	≥ 24.5	24.4 – 17.8	≤ 17.7
17+	≤ 41.2	41.3 – 44.2	≥ 44.3	≥ 35.1	≥ 22.3	22.2 – 7.0	≤ 6.9	≥ 27.5	≥ 25.2	25.1 – 18.3	≤ 18.2

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# Males

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5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	Touching fingertips together behind the back on <b>both</b> the right and left sides.
6	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	
7	≥ 4	6 – 12	≥ 4	≥ 3	≥ 3	8	
8	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	8	
9	≥ 9	6 – 12	≥ 6	≥ 5	≥ 4	8	
10	≥ 12	9 – 12	≥ 7	≥ 5	≥ 4	8	
11	≥ 15	9 – 12	≥ 8	≥ 6	≥ 6	8	
12	≥ 18	9 – 12	≥ 10	≥ 7	≥ 10	8	
13	≥ 21	9 – 12	≥ 12	≥ 8	≥ 12	8	
14	≥ 24	9 – 12	≥ 14	≥ 9	≥ 15	8	
15	≥ 24	9 – 12	≥ 16	≥ 10	≥ 15	8	
16	≥ 24	9 – 12	≥ 18	≥ 12	≥ 15	8	
17	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	
17+	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	

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